

Boys & Girls Home

SECTION XIII**EDUCATIONAL SERVICES****POLICY****B**

NUTRITION AND PHYSICAL ACTIVITY WELLNESS POLICY

Nutrition Guidelines for all Foods Available on Agency Premises

Policy

School Meals

Meals served through the National School Lunch and Breakfast Programs including those served by the facility year-round will:

- meet, at a minimum, nutrition requirements established by local, state and federal law, regulations and guidelines;
- offer a variety of fruits and vegetables;
- serve low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and
- ensure that half of the served grains are whole grain.

The Agency will:

- participate in Free and Reduced Lunch Programs;
- have menus available upon request;
- provide Nutrition Guidelines for all foods served;
- promote the importance of healthy eating and physical activity.

Meal Times and Scheduling

The Agency:

- will aim to provide clients with at least 20 minutes to eat after sitting down for breakfast and lunch;
- should schedule meal periods between 11:00 a.m. and 1:00 p.m.;
- will provide clients access to hand washing before they eat meals or snacks.
- Ensure that no vending, a la carte, or sales are available to clients during mealtimes.

Snacks

Snacks served during the school day or in before and after school programs will make a positive contribution to client's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, milk, or 100%, as the primary beverage. The Agency will assess if and when to offer snacks based on timing of meals, client's nutritional needs, client's ages and other considerations.

Water will be allowed in the classroom for hydration.

SECTION XIII**EDUCATIONAL SERVICES****POLICY****B-1****Rewards**

In those limited situations where rewards may be necessary (by a teacher in consultation with the principal), teachers may use foods and beverages that meet the national nutritional standards as rewards for academic performance or good behavior. Withholding food or beverages as a punishment is not allowed.

Cooking Experiences

Cooking experiences for clients will focus on the development of life skills to learn how to prepare a variety of foods. Education will focus on promoting proper nutrition habits that contribute to health.

Sharing of Foods

The Agency does not allow clients to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other diet restrictions.

Fundraising Activities During the School Day

The Agency does not allow fundraising during the school day.

Physical Activity

Every client is offered the opportunity for physical activity that is age-appropriate and modified for clients with disabilities or special health-care needs. Teachers and other staff will not use physical activity or withhold physical activity as a punishment.

The Agency:

- Reinforces self-management skills needed to maintain a physically active lifestyle and to develop habits inclined toward physical activity in preference to sedentary activities, such as watching television, playing computer games, etc;
- Provides opportunities for physical activity to be incorporated into other subject lessons;
- Encourages classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Assessment

Food Director, HACCP Committee and Infection Control Committee will ensure compliance with nutrition policies within food services areas.

Staff Wellness

The Agency values the health and well being of every staff member. Staff wellness is fully outlined in *Section XV, STAFF DEVELOPMENT, Policy A titled Staff Wellness.*

Reviewed: 3/12/07, 4/23/08

Revised: 4/23/08

Effective: 4/01/07, 5/01/08

DATE REVIEWED	SIGNATURE(S) OF LEADERSHIP REVIEWERS	
		Chief Operating Officer
		Chairman of the Board
		Education Supervisor
		Food Director
		MOI/Nursing Representative

SECTION XIII:	EDUCATION CENTER	POLICY	E
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SCHOOL WELLNESS

Policy

Clients who attend Boys and Girls Home Education Center will be offered Nutrition Education Instruction and Physical Activity Instruction that meets state and local education requirements in accordance with the Child Nutrition and WIC Reauthorization Act of 2004.

Procedure

RESPONSIBLE PERSON	ACTION
Education Coordinator	<ol style="list-style-type: none"> 1. Provide compliance assurances to local, state, and federal education authorities 2. Provide training for teachers and other staff 3. Assume operational responsibility for implementation of the wellness policy
Teachers, Paraeducators (Resident Counselors in classroom)	<ol style="list-style-type: none"> 1. Educate clients about the importance of healthy eating and daily physical activity 2. Incorporate health education in the daily curricula and instructional programs 3. Intentionally manage the school environment to reinforce this education 4. Incorporate health education into other subject areas (i.e. math, science, language arts) 5. Include enjoyable, developmentally appropriate participatory activities 6. Promote health-enhancing nutrition practices

Reviewed: 11-13-06

Revised:

Effective: 11-28-06

DATE REVIEWED	SIGNATURE(S) OF LEADERSHIP REVIEWERS
11-30-06	 Chief Operating Officer
11-30-06	 Education Coordinator